

Information for parents about pre-teen vaccines

Help your 11- or 12-year-old get a healthy start on the teen years by getting pre-teen vaccines. As kids get older, protection from some childhood vaccines begins to wear off. Pre-teens can also develop risks for other diseases. A health check-up is the right time for your pre-teen to get the Tdap, meningococcal and HPV vaccines. All kids, including pre-teens, should also get the flu vaccine every year.

DISEASES YOU CAN PREVENT WITH THE RECOMMENDED PRE-TEEN VACCINES:

TETANUS, DIPHTHERIA, PERTUSSIS

DISEASE Pertussis (whooping cough) is one of the illnesses that can be prevented with Tdap. Pertussis is very contagious and can cause prolonged, sometimes extreme, coughing. While adolescents usually do not get as sick from pertussis as young children, coughing fits can still take place for 10 weeks or more. If pertussis is transmitted to infants, it can be life-threatening. Also, more than half of infants under the age of 1 who get pertussis must be hospitalized.

VACCINE Tdap vaccine is available for pre-teens for protection against tetanus, diphtheria and pertussis. Getting this booster not only protects your pre-teen, but also those around them, such as infants who are too young to be fully vaccinated. Young children are protected when they get the DTaP vaccine, but protection wears off as kids get older, so your pre-teen needs a booster shot known as Tdap. If your teenager (13–18 years) has not gotten the Tdap vaccine, ask the doctor about getting it now.

MENINGOCOCCAL DISEASE

DISEASE Meningococcal meningitis is inflammation of the lining around the brain and spinal cord that is caused by a very serious bacterial infection. This infection can lead to brain damage, hearing loss, learning disabilities, and even death. In addition to death, other types of meningococcal disease can lead to loss of an arm or leg.

VACCINE Meningococcal conjugate vaccine protects against the bacteria that is one of the causes of meningitis. All pre-teen and teens, ages 11 through 18 years, should get the meningococcal conjugate vaccine. A health check-up at ages 11 or 12 is the best time for adolescents to receive this vaccine. If your teenager missed getting the vaccine, ask the doctor about getting it now, especially if your teenager is about to move into a college dorm.

HUMAN PAPILLOMAVIRUS (HPV) DISEASE

DISEASE HPV is a very common virus that is spread through sexual contact. It is most common in people in their teens and early 20s. There are many different types of HPV. Some types can cause cervical cancer in women. Other types of HPV can cause genital warts in both women and men. Each year about 12,000 women are diagnosed with cervical cancer and about 4,000 women die from it in the United States.

VACCINE Two HPV vaccines are available to protect against HPV types that cause most cervical cancer. Either vaccine is recommended for girls at ages 11 and 12. One HPV vaccine also protects against HPV types that cause most genital warts. Boys and young men may choose to get this vaccine to prevent genital warts. Pre-teens should get all 3 doses of an HPV vaccine before their first sexual contact (before they could be exposed to HPV). If your teenager or young adult child has not gotten any or all of the HPV shots when they were younger, ask the doctor about getting them now.

INFLUENZA (FLU) VACCINE

DISEASE The flu is a contagious infection of the nose, throat and lungs that is caused by a virus. Most people sick with the flu will recover in a few days to less than 2 weeks. Pneumonia, bronchitis, and sinus and ear infections are three examples of complications from flu. Kids with chronic health problems like asthma and diabetes are at especially high risk of developing serious flu complications. Children may pass the virus to others for more than 7 days.

VACCINE Everyone 6 months of age and older should get a flu vaccine every year. It is very important for children with asthma or diabetes to get vaccinated to help decrease their risk of severe flu illness. Pre-teens should get a flu vaccine in September or as soon as it is available each year.

Make sure to ask the doctor if your pre-teen is up-to-date on these childhood vaccines too: Chickenpox (Varicella), Hepatitis B, Measles, Mumps and Rubella (MMR), and Polio.



Help keep your pre-teen healthy and safe with immunizations.

For more information on vaccines, ask your child's healthcare provider or call **800-CDC-INFO** (800-232-4636)
Website:
<http://www.cdc.gov/vaccines/preteen/>

The Vaccines for Children (VFC) program provides vaccines at no cost to doctors who serve eligible children. Children younger than 19 years of age are eligible for the program if they are Medicaid-eligible, American Indian or Alaska Native, or have no health insurance. Children who have health insurance that does not cover vaccination can receive VFC vaccines through Federally Qualified Health Centers or Rural Health Centers. VFC vaccines cannot be denied to an eligible child if a family can't afford the administration fee. To learn more about the VFC program, visit the website at <http://www.cdc.gov/vaccines/programs/vfc/>



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